

Palm Coast

ISSUE 9

APRIL, 2022

2022 Garden Club Spring Festival Preview

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See what's coming up in the Garden Club at Palm Coast's annual Spring Festival and Plant Sale on April 9. The Garden Club has been around for about 50 years and the Festival is the ninth annual one in its present incarnation which will be held at Flagler Palm Coast High School. **Page 19**

On The Cover

Editor's Notes

April marks another milestone for this magazine as we publish a 40-page issue for the first time after starting in August of 2021 with a 24-page premier issue. And if all goes according to plan we'll be publishing 48 pages in June or July. Along with the increase in pages is an increase in the number of articles we can publish about Palm Coast. We already have plans to add pages on flora and fauna, and the best monthly gardens in town. We'll also be adding pages on recreation spots and increasing our coverage of local entertainment. Our news section will expand, aided by our collaboration with Flaglernewsweekly.com as they provide us with the latest in local news. We're also now selling subscriptions to the magazine as you can see on page 7. And our website is now up and running at www.palmcoastmag.com so if you've missed issues over the past nine months you can see everything on the website. Thanks for reading and we'll see you again soon.

PC News

The Sheriff's department's latest Sheriff's Academy starts this month, a new City Council member, John Fanelli was appointed to fill a vacancy, a Marine of the Year was honored and we look at the legacy left by Joe Rizzo. **Page 8**



PC People



Tom Gargiulo, who passed away in February, was looked upon by many as the father of the Palm Coast art scene. **Page 28**

Area Charities



Flagler Cares helps people in need get help from government agencies and charities. **Page 12**

Palm Coast

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Restaurants



Sonny's BBQ offers a wide variety of "real" bbq dishes done in

the southern style. **Page 24**

Health & Wellness

Two of Palm Coast's massage practitioners talk to us about massage and how it can help you in a



number of different ways.

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PC History

Early maps and their importance in the development of Florida and the American colonies in general was the subject of a fascinating talk by Dr. Roger Smith in the latest Historical Society Speakers Series presentation. **Page 14**

Arts

Karen Ann Patton derives inspiration for her pastel paintings from Florida's marshes and trees.



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Entertainment



Local theaters are offering Waiting For Godot and Company this month and Flagler Auditorium is hosting two musical acts. **Page 27**



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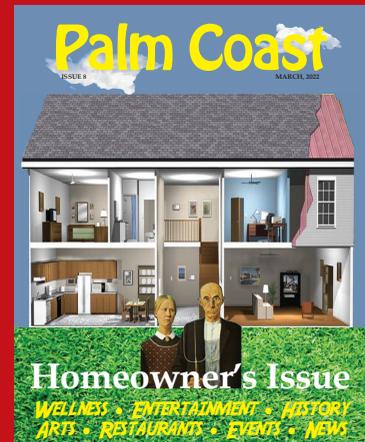
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Death of Education Advocate Leaves Gaping Hole in Flagler County

Joseph Rizzo, executive director of the Flagler County Education Foundation, died unexpectedly on March 6, 2022.

He was 47 years old.

Rizzo was the driving force behind a massive expansion of the foundation's services for disadvantaged Flagler County students. In his five years at the helm of the foundation, Rizzo's efforts more than tripled the foundation's assets and doubled the number of students served, according to an announcement posted on the foundation's website.

"Joe's legacy has a far-reaching impact," Trevor Tucker, current school board chairman, told NewsDaytonaBeach.com. "If there was an opportunity to support a program in Flagler Schools over the past two decades, Joe Rizzo had a hand in it. His work with Carla Cline in creating the Josh Crews Writing Project has given so many of our students a voice. Joe and the team he built within the Flagler County

Education Foundation became a vital role in the success of our district."

More than 1,000 Flagler County students have been published via the aforementioned writing project. The project was named for Josh Crews, an FPCH graduate who died at age 34 in November 2010 in a single-vehicle wreck. Crews, like so many others in Palm Coast, was a friend of Rizzo. Crews worked as a bartender in a restaurant owned by Rizzo and was well-known for his love of the English language, literature, and writing.

Rizzo was a Flagler County native, having graduated from Flagler-Palm Coast High School in 1994. He graduated from Mars Hill University near Asheville, North Carolina, at which he played football and met his wife, Teresa. Rizzo returned to the Palm Coast area in 1999. He became involved in several business ventures including Woody's Bar-B-Q on SR-100 in Palm Coast, the Island Grille in

Flagler Beach and the Bull Creek Fish Camp at Dead Lake. Rizzo's



passion for improving education was fueled by his appointment to the Flagler County Education Board of Directors from April 2005 through June 2010.

Rizzo was featured on the cover of the second edition of Palm Coast magazine in September 2021. The feature story regarding the work of the education founda-

tion revealed the depth of Rizzo's commitment to improving education in Flagler County. He clearly communicated the joy doing so brought to his life.

We at Palm Coast magazine are saddened to be writing a second obituary in the April 2022 edition. The subject of the first is Tom Gargiulo, the "father" of arts in Palm Coast. In a short period of time, the Palm Coast area has lost two prominent citizens whose absence is being felt as a big black hole in its social fabric.

Our sincere condolences to both families as we consider ourselves blessed to have interviewed both men. Rizzo is survived by his wife Teresa, two children son Joseph and daughter Caroline, and sister Krista.

In lieu of flowers, Rizzo's family requests donations be made to the Flagler County Education Foundation to honor his passion for its mission.

— Amy Armstrong

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Local Happenings



The Flagler County Detachment 876 Marine Corps League presented the Palm Coast Wendy's a Certificate of Appreciation for their donation of food to the Emory Bennett Veterans Nursing Home recently. Presenting is Commandant Frank Arce to Manager Kerry Weston and "Wendy" Bre'Nisha Lumpkin.



The Palm Coast Professional Business Network group met March 16 at Carrabba's for their weekly get-together. For more information about this group and membership details, call 386-237-4450.



The Professional Women of Flagler County met March 4 at the Hilton Garden Inn for their monthly breakfast meeting. For more information about this club, visit their Facebook page.



Flagler County Sheriff Rick Staley met with the Boss Ladies of Flagler County at their March evening event at The Brass Tap and gave an informative talk. For more information see the Boss Ladies Facebook page.



The Boss Ladies of Flagler County held their Women Empowering Women Vendor Fair on March 19 at the 2K Ranch in Bunnell. To find out more about Boss Ladies, visit their Facebook page.



Port Orange Councilman Chase Tramont, Dr. Joe Saviak, Flagler County Sheriff Rick Staley, Florida Representative Paul Renner and Sierra Kemp at the Flagler Tiger Bay Club meeting on March 23.



The Professional Women of Flagler County met March 17 at Tomahawk Tavern for their monthly evening out. For more information about this club, visit their Facebook page.



The Referral Diamond Club networking group met March 23 at Carrabba's for their weekly get-together. For more information about this group and membership details, call 386-283-0955.

Palm Coast People

“Father” of art leaves legacy all over Palm Coast

The sudden death of Tom Gargiulo in mid-February 2022 has left the local art community stunned and without its long-time, dedicated leader and perhaps most vocal cheerleader constantly encouraging artists to create and display.

Gargiulo died of a heart attack on Feb. 13. He was 83.

“He helped a lot of local artists,” said Trish Vevera. She was the 2018 recipient of the Flagler County Artist of the Year Award from the Gargiulo Foundation started by Tom and his longtime partner, Arlene Volpe. “He was a great guy.”

It would be a challenge to spend even just a brief period of time in the City of Palm Coast and not see a piece of art that he either created or facilitated the creation of by financially supporting



Tom Gargiulo

the artist that created it.

Examples include sculpted birds at Waterfront Park, a burro in the Town Center, the panther near the Hammock Dunes Bridge and paintings inside the Flagler County Public Library and the windsails sculpture located outside of it.

Go beyond Palm Coast itself and Gargiulo’s art footprint is evident in other parts of Flagler and Volusia Counties. He made

numerous donations to the art collection at Daytona State College in Daytona Beach: Close to equal amounts of art pieces that he created, and art pieces created by area artists that were purchased by the foundation and donated to the school.

Palm Coast Magazine had the opportunity to speak with him several times since our beginning in August 2021. He was more

than willing to tell us his story of art in Palm Coast. Those conversations involved him only in that he was busy promoting the work of others. What he wanted to talk about where the accomplishments of the artist the foundation supported.

“There was nothing here when Arlene and I first moved here. It was a blank canvas,” he said. “We knew that had to change and so we worked hard to help other artists pursue their dreams.”

Thus, shortly after moving to Palm Coast in 1994, he and Volpe started the foundation. Six years later in 2000, they began selecting an artist of the year. They have done so each year since including the challenges of the COVID-19 pandemic when announcement of the year 2000 selection was delayed, but still occurred.

He was born in Bridgeport, Connecticut in 1938. He told Palm Coast Magazine he was always interested in art, earning a bachelor’s degree and then his

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master's in fine art education. He taught middle and high school art for years, all the while working on his own creations.

He began his art career in oils but later transitioned to printmaking because of the flexibility it offered him.

Gargiulo presented in many solo art shows throughout the New England states, New York City, Florida and in Europe.

When asked last summer just how many shows he has been in, his answer was a humble, "Probably too many to count. But that doesn't matter."

Beyond buying the work of other artists, Gargiulo took a hands-on approach to developing the local art scene. He led workshops including bringing printmaking to the Flagler County Art League. He encouraged thinking beyond the canvas by showing workshop attendees how to use materials outside of the regular art spectrum to create.

He and Volpe regularly invited fellow artists and well, anyone

with an interest in art, to their home.

Jan Jackson, the curator of the art gallery at Grand Realty in Palm Coast and winner of the 2020 artist award, qualified on both fronts. She said her jaw must have dropped wide open the first time she visited.

"I really didn't know the extent of his devotion to his cause (art) and his support of artists until I visited his home. Art, art, art from floor to ceiling. Not an open space anywhere," Jackson told Palm Coast Magazine. "Art filled the closets and the corners, and I'll bet under all the beds."

Jackson said she saw what those who knew Gargiulo well remember most about him.

"He actively supported and promoted local artists and had a close connection with several of those artists for many years," she said.

As of press time, arrangements for a celebration of life have not been announced.

— Amy Armstrong

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Flagler Cares Promotes Health, Social Welfare

When someone is down on their luck and must turn to a charitable organization for help, the process can be overwhelming. Just the pages and pages of paperwork can be enough to deter an applicant. Add to that the fact that there are so many different groups with the mission to help. Yet, which one is the correct one to handle specific concerns such as:

- Food assistance
- Emergency utility or rent payments
- Clothing for children
- Where to get help with substance abuse when you have no insurance
- Help filing a tax return

These are all excellent questions. Chasing down the answer to them often takes up precious time when someone is in an emergency.

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Flagler Cares, a non-profit formed in 2015.

That is the question that Flagler Cares strives to answer for Flagler County residents in need of assistance.

The agency's website describes its mission as, "Flagler Cares exists to bring new health, wellness and social welfare infrastructure to Flagler County to reduce disparity and improve the lives of our residents." Social issues the agency and its staff are focusing on in 2022 include improving youth and adult behavioral health opportunities, creating greater housing stability including prevention of homelessness and an increase in affordable housing and better access to affordable insurance for those living in Flagler County.

In January, Flagler Cares showed off its new office digs in the Flagler County Village where several

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other key partners — the Early Learning Coalition of Flagler and Volusia, Healthy Start Coalition of Flagler and Volusia Counties and The House Next Door — are also housed.

County commissioners and representatives of other charity organizations had the opportunity to tour the new location on the third floor of the Palm Coast City Marketplace where the City of Palm Coast offices were previously located.

For those interested in learning more about Flagler Cares or volunteering for one of the organization's projects, the next coalition meeting is being held on Monday, May 9, 2022, from 3 to 4 PM

An online link as well as phone-in instructions are available on the Flagler Cares website under the "Get Involved" tab.

Online donations can be made by clicking on the "Donate" section under the "Get Involved" tab. Donations to Flagler Cares are processed via Paypal, according to its website and are used to "help sustain the safety net of services and support for Flagler's most vulnerable residents." Flagler Cares is located at 160 Cypress Point Parkway in Suite 302B in the Palm Coast City Marketplace complex on the third floor above Dominic's Restaurant. They can be reached at 386-319-9483 and their website is www.flaglercares.com.

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Early Maps The Subject Of Latest Historical Society Speaker Series

Those who think history is boring have likely not heard a lecture presented by Dr. Roger Smith of Colonial Research Associates, Inc. According to Smith, "If I haven't made you laugh, then I probably haven't taught you anything."

Laughter filled the room during the latest Florida Humanities Speaker Event hosted by the Palm Coast Historical Society on March 19 at the Palm Coast Community Center. The presentation entitled "I AM SO LOST" included details from over a decade of Smith's academic research using old maps originally housed in the British

By Palm Coast Historical Society Vice-President Kathy M. Reichard-Ellavsky, .

National Archives and other public and private collections.

His research uncovered early renderings drawn by 16th century explorers led by Juan Ponce DeLeon in search of riches in the New World. A map from 1589 was the first to show the City of St. Augustine. It included primitive drawings indicating the location of a lighthouse, the location of a murder, and sea serpents. Another illustration depicted the Florida terrain with its swamps and bogs. Eighteenth century British military maps showed troop movements in East and West Florida during the Revolutionary War. He identified these two regions as the 14th and 15th British colonies.



Smith recalled the story of having met his wife, Christina, at a free history lecture he provided at the St. Augustine Lighthouse and Museum. When he tried to explain to the visitors that there were origi-

nally 15 British colonies within the borders of what is now the continental United States she attempted to correct him. A native of Boston, Christina, like many of us, were taught that there were only "13 original colonies" when the American Revolution broke out. His first reaction was, "I can't believe I'm being heckled at a free talk!" But she caught his eye, and as the saying goes, the rest is history.

The original basis for much of the war was Britain's desire to protect the sugar-producing colonies of the West In-

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dies from French, Spanish, and Dutch invasion. "Sugar was the economic driver in the 17th and 18th centuries," explained Smith. The production of sugar and the system of slave labor that produced it were extremely profitable. European empires became dependent on its by-products of rum and molasses to finance their visions of global expansion. For this reason many Caribbean islands were deforested to plant sugar.

With so much soil dedicated to sugar production the British planters relied on the southern colonies in North America for food, flax, cotton, pine tar, turpentine, timber, and more. They became the agricultural heart of the empire. General George Washington wrote a letter to John Hancock in 1775 warning the Continental Congress that the British were stockpiling weapons and gunpowder in St. Augustine. He feared that the British were preparing to reclaim the south-

ern colonies by invading Georgia and South Carolina with an army from East Florida. Historic maps later revealed that Washington was correct.

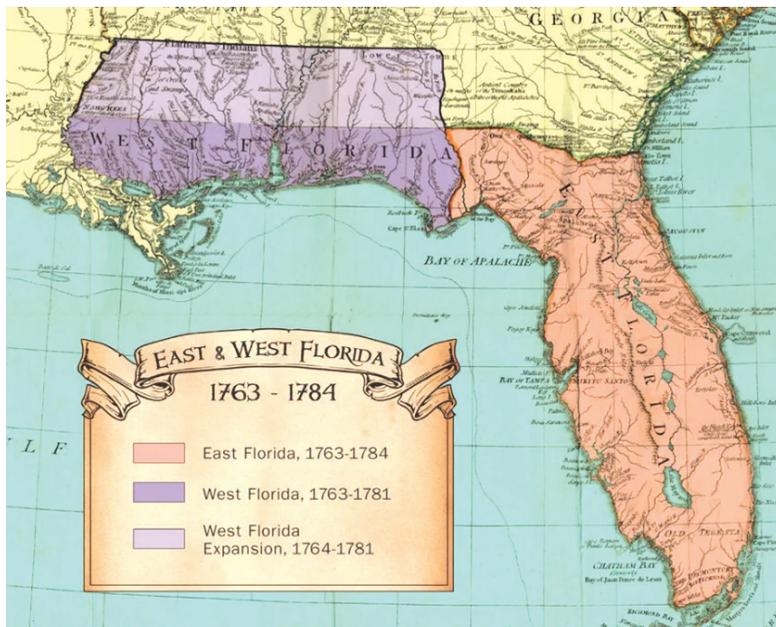
Smith shared another revelation regarding an incident in St. Augustine on August 11, 1776. Prior to the war Florida was economically depressed. However, once loyalists fleeing the north began to settle in the region they helped bring economic prosperity. For this reason both East and West Florida remained loyal to King George III. When news of the Declaration of Independence finally reached the old city an angry crowd gathered in the plaza and hung effigies of Samuel Adams and John Hancock and set them on fire.

"Our goal is to breathe life back into learning about history and make it fun without

insulting our audiences by dumbing it down or withholding valuable new information," says Smith. "The role played by British St. Augustine in the American War of Independence is Florida's most unique

story in its 500-year history — perhaps the most unique story of the American Revolution."

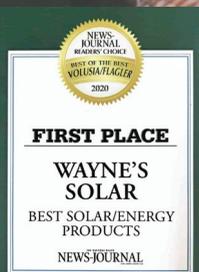
For more information on upcoming speaker events go to www.palmcoasthistory.org or follow them on Facebook.



An example of one of Dr. Smith's early maps of Florida. Many more maps and publications are available on the Colonial Research Associates website at www.colonialra.com.

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Health & Wellness

Can massage therapy help you?

You might think that massage therapy is a modern trend that natural healing practitioners are pushing. That's partially true. The medical benefits of massage therapy are certainly being touted these days, but it's not new. Massage therapy is part of a traditional holistic system of healing methods that began about 5,000 years ago.

The history of massage therapy dates back to 3000 BCE (or earlier) in India, where it was considered a sacred system of natural healing. Used by Hindus in Ayurveda "life health" medicine, massage therapy was a practice passed down through generations to heal injuries, relieve pain, and prevent and cure illnesses. Promoters of Ayurveda believe that illness and disease are caused when people are out of sync with the environment. Massage is believed to restore the body's natural and physical balance so that it can heal naturally.

Fast forward hundreds of years to the early 1800s when Swedish doctor/gymnast/teacher Per Henrik Ling created a method that became known as the Swedish Movement Cure to help relieve chronic pain. As much medical gymnastics as massage therapy, it was the precursor to what we now know as Swedish massage — a style that involves stroking, pressing, squeezing and striking.

Whereas Ling's method used massage in his movements, 19th-Century Dutchman Johan

George Mezger is credited with incorporating techniques that are used today:

- Effleurage, which uses long, gliding strokes from the extremities inward at various levels of pressure.
- Petrissage, a technique that is rhythmic and may include



kneading, skin rolling, lifting or a push-pull movement.

- Tapotement, a beating/tapping administered with the side of the hand, a cupped hand or fingertips used in Swedish massage.

- Friction, a technique that is physically demanding, consisting of deep, circular or crosswise movements with the thumbs, fingertips, palms or elbows, designed to penetrate deep tissue.

Fast forward again to today and you can see where massage has taken us. There are literally dozens of different massage disciplines from various cultures around the world although most have been derived from the essential basics of Swedish massage.

Here in Palm Coast there are a number of practitioners of the art of massage and we recently visited with two of them, Sophia Mascarella and Christine Brinker, who work out

of a space in the West Point office complex on Palm Coast Parkway.

Both women practice massage but both have their individual preferences when it comes to exactly how they treat their clients based on their years of experience

(they've both been involved with massage for many years) and the clients' needs.

Christine, for example, does more in the way of muscle balancing which is designed to counteract harmful muscle imbalances that result in poor body posture. With the repetitiveness of occupation and daily activities, pain occurs due to imbalances created by overuse of certain muscles and under use of others.

Sophia, on the other hand, characterizes herself as someone who works more with deep-tissue techniques. Both work with clients that have ongoing issues and Sophia also specializes in helping people recover from accidents and other physical ailments.

One thing that both stress when working with clients is the need for good communication between them and their clients. Always maintaining a comfort level for the client in

terms of how much force is used is one of the issues that is always important. And getting feedback from the client before every session helps the therapist to assess the progress that is being made in the case of a rehabilitation effort or the increase in overall well-being resulting from continuous treatments.

How do you pick a massage therapist that's right for you? After speaking with these two women in detail about how they structure their treatments for clients it became obvious that there is a factor that's important and that shouldn't be overlooked and that's compatibility between the therapist and client. Some people will naturally feel more comfortable with some therapists more than others for any number of reasons. Personality may play a role as well as perhaps the physical surroundings themselves.

One important thing to remember is that without the client being completely relaxed, the treatments will probably not be as effective so this is not something to be overlooked if you are going to start massage therapy. So just finding someone you feel comfortable with is a good first step in choosing a therapist.

And after you start any treatments it should become obvious soon whether or not your program is working for you. And with both of these experienced therapists, adjustments and tweaks to your specific regimen will be made as needed as you progress over time.

Is massage right for what ails you? Or if nothing in particular ails you will massage just make you feel better as you go about your everyday routines? There's one sure way to find out.

Massage therapists Sophia Mascarella and Christine Brinker can be reached at 386-864-2686 and 386-503-4300 respectively for more information and appointments.

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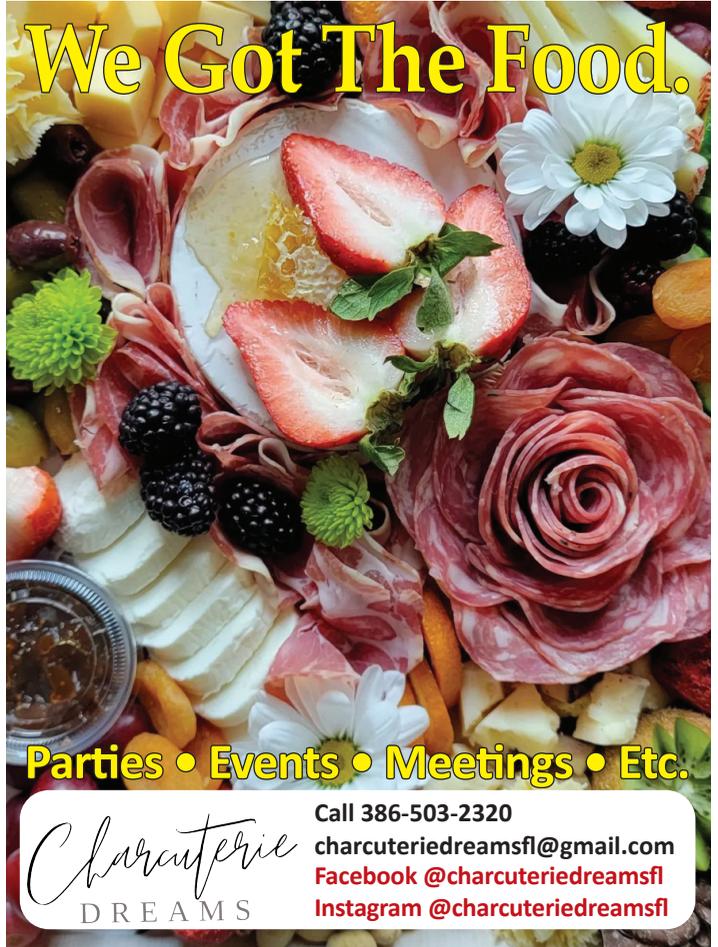
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Garden Club Spring Festival 2022 Preview

The Garden Club at Palm Coast is presenting its 9th annual Spring Festival and Plant Sale at the Palm Coast Flagler High School on Saturday, April 9 from 9 AM to 4 PM.

There will be plenty of plants and flowers to see, of course, and also some crafts, music, kid's activities and food trucks too so it should be a good time for the whole family.

And on the following three pages you'll see recent photos of some beautiful flowers and greenery taken in some of the Garden Club members yards. It's obvious from these photos and the many that are on their website, that these are some accomplished gardeners.

If you're new to the area, or have never been aware of the Garden Club until now and are interested in learning more, you can go to <https://gardenclubatpalmcoast.org> to get complete information. The club has a number

of events that they produce every year in addition to the annual Festival and they have monthly luncheon meetings at the VFW Hall.

They recently added their 201st member during the March 14 monthly meeting so the club is strong and thriving, although they are always looking for new

members.

The photos below showing the Propagation Guild and the Arranger's Guild tables are representative of two of the committees within the club and there are a number of other activities, committees and events to become involved with throughout the year.



Photo Key for Centerspread

- 1 Vriesea/Jane Villa-Lobos
- 2 Sparkling Amethyst/Diana Vece
- 3 Impatient/Diana
- 4 Crown Of Thorns/Jane
- 5 Amaryllis/Diana
- 6 Kalanchoe Red/Aubrey Martin
- 7 Croton/Aubrey
- 8 Bromiliad Aechmea/Jane
- 9 Amaryllis, Spiderwort/Diana
- 10 Amaryllis/Diana
- 11 Poinsettia/Aubrey
- 12 Croton/Aubrey
- 13 Azalea/Aubrey
- 14 Bromiliad Testudo/Jane

Garden Club Board Members



President
Carol Walker



Vice President
Jane Howells



Treasurer
Susan McConnell



Asst. Treasurer
Beth Hagan



Secretary
Adrienne Harrell



1 Year Director
Carol Geran



2 Year Director
Joan Bartle



3 Year Director
Margie Brady

Garden Club Milestones

1975 Twelve residents got together and established the Garden Club for the purpose of exchanging information about gardening, according to the earliest available record.

1976 The first recorded meeting was held on June 28 at the Valencia House (an ITT model home) with 24 members on the roster. Dues: \$2.00 per year

1977 Membership: 47. The first project was started and was called the "House Beautiful" Award

1978 First Annual Plant Sale was held at Village Greenery.

1979 The first Bylaws were adopted in the Fall. Meetings were held from September to June. The first In Club Flower Show was held in the May meeting at the Y.M.C.A.

1980 Membership totaled 76. The Plant Exchange Project was introduced.

1982 Membership: 120.

The first annual Spring Plant Sale took place in March.

1984 Membership: 100.

The Garden Club was Incorporated as "The Garden Club at Palm Coast, Inc."

1986 Membership: 124. The Community Gardens at the Community Center were officially named the Dick Wareham Community Gardens in honor to him and his wife.

1987 Members: 159. The fifteenth Community Garden was planted on September. The Arrangers' Guild a group within the Garden Club was formed and began meetings on the first Wednesday of the month.

1990 Membership: over 200. The Horticultural Guild was established to provide direction for the Wareham Gardens.

1993 Membership: Individual 96, Couples 43, and Honorary 5.

The club undertook a standard Flower Show bi-annually and in April was the 6th show.

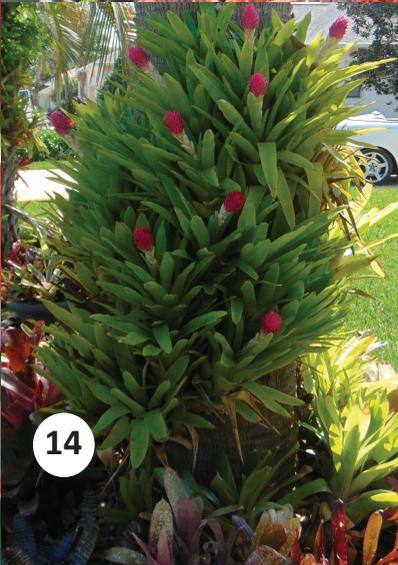
1997 Membership: Individual 68, Couples 26, and Honorary 7. Dues: Increased to \$15 for individual and \$25 for couple.

1998 Membership: Individual 74, Couples 24, and Honorary 8. The Garden Club conducted the first Community Garden Tour of 11 homes and the park gardens.

1999 The Scholarship Fund was established to support local high school students residing in Flagler County who wanted to continue their education in agriculture, horticulture and environmental sciences.

2000 Membership: Individual 64, Couples 23, Honorary 8, Life 2. The 25th Birthday of the Garden Club was celebrated with a luncheon at





Hammock Dunes, chaired by Arlene Tobia.

2001 Membership: Individual-78, Couples-25, Honorary-7, Life-2. Plant sales of members' propagated plants were decided to be held at various monthly meetings.

2002 Membership: Individual-64, Couple-22, Distinguish-2, Honorary-5, Life-2. Community Flower Show: The Arrangers' Guild held its 10th Biennial Community Flower Show on May at the Daytona Community College, Flagler/Palm Coast Campus.

2004 Membership: Individual-86, Couples-31, Distinguished-6, Honorary-5, Life-2. The 11th Biennial Community Flower Show took place on Saturday and Sunday, May 1-2, at Daytona Beach CC.

2005 Membership: Individual-73, Couple-28, Distinguished-6, Honorary-5, Life-2. Thirtieth anniversary of the club.

2011 Membership: 79 Individual, 16 Couples, 6 Distinguished, 4 Honorary. The Trash to Treasure Sale was held on October 15 at the Palm Coast CC.

2013 Membership: 111 members as of 11/3/13. The 15th Flower Show and Plant Sale was held on April 13-14.

2014 Membership: Individual 80, Couples 15, Distinguished 6, Honorary 4. The second Expo and Plant Sale took place at the Community Center.

2015 Membership: Individual 83, Couples 14, Distinguished 6, Honorary 4. 2015 marks the formal creation of the Propagation Guild as a Standing Committee of the Club. The Annual Picnic was held at Bing's Landing on May 11th.

2017 Membership: Individual 81, Couples 18, Distinguished 6, Honorary 8. The 5th Spring Festival and Plant Sale was held at Palm Coast Town Center.

2018 Membership: Individual 89, Couples 18, Distinguished 9, Honorary 9. The 6th Spring Festival and Plant Sale was held at Central Park in Palm Coast Town Center on April 7.

2019 Membership: Individual 108, Couples 34, Distinguished 10, Honorary 9. The Palm Coast Spring Festival and Plant Sale was held April 13 at Flagler Palm Coast High School. Treasures in the Attic took place at Shepherd of the Coast Lutheran Church on March 9.

2020 (Covid year) Membership: Total membership 155, Individual 111, Couples 22, Distinguished 9, Honorary 6.

2021 Membership: Individual-126, Couples-20, Distinguished-14, Honorary-4, Master Gardeners-6. Palm Coast Annual Spring Festival and Plant Sale was held at Flagler Palm Coast High school on April 17.



A hanging Staghorn Fern in the backyard of Jane Villa-Lobos.



Inside the She Shed armoire.



One of the herb planters next to the work bench.



The She Shed concept is on full display here at Debra Isham's house, a concept that we didn't completely understand until Debra likened it to a Man Cave and then everything made sense. Of course, a She Shed exists to help with work while a Man Cave has



no relation to anything really useful at all. A man was involved in creating the She Shed, however, as Debra's husband, (who must be way handier than us), made the nice little outside workbench above and the herb planters on either side.



The beautiful "tropical island" in front of Jane Villa-Lobos' house.

Make More Money From Your Website.

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- Is your website underperforming because it's not designed properly?
- Or is it because your promotional efforts for the site are not working?
- Or is it because the elements on your site aren't doing their job?

Whatever the reason is, we can tell you what's wrong and fix it.

Many businesses nowadays use their website as their most important marketing tool. If this is what you want to do but your site isn't getting you the returns you want then it's time to take a look at what might be causing the problem. As noted above there are a number of factors that could be to blame.

- Does your website engage your visitors and keep them on the site long enough to hold their interest in your produce or service? Does your site have engagement objects that can do that?
- Are your promotional efforts for your site not effective? Or, do you DO any promotional efforts to drive traffic to your site?
- Is the overall design of the site not effective? Is the site awkward or time consuming? Does it need to be more user-friendly?
- And how well is your site optimized for Google search? Has your site ever actually BEEN optimized?

These are some of the topics that will be discussed in this seminar. When you leave the seminar you will know how all of these elements work together so that you can fine-tune your site for search and also put together an effective marketing campaign to drive traffic to your site.


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- And a lot more...

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Cantina Louie

10 Palm Harbor Village Way,

Sonny's Barbecue Offers A Taste Of "Real" Barbecue

Since I never lived in the south, having been born in New England and spending many years overseas and out west, I was never exposed to what most southerners regard as true barbecue — meat slow-cooked and/or smoked over a fire of some sort. We had barbecued short ribs growing up that were slathered with sweet barbecue sauce and that was our idea of barbecue.

While running an American restaurant in Bangkok for five years we ran into a number of barbecue enthusiasts, some of them actual pitmasters, who educated us as to what was, in their eyes,

"real" barbecue.

We never got a chance to try real barbecue until we moved to Palm Coast a year ago. One of the first restaurants we tried



during our first days here was Sonny's Barbecue. The pictures

on the menu showed food that we have never seen before which whetted our appetite. And after a very satisfying meal we were basically hooked on southern style barbecue. So much so that we have been back a few times to explore as much of the menu as possible.

That in itself is a chore since we just can't eat that much and the portions are quite large. So we're not cutting through as wide a swathe of the menu on each visit as we would like but we're determined.

Up until now we've been more than satisfied with both the style of cooking that is barbecue as well as the particular interpretation of that style by Sonny's. What has been most revealing about this style of barbecue for us is the complexity

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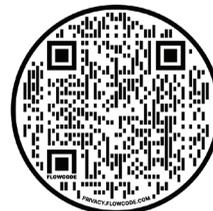
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of the flavors that can be created with only meat, heat and smoke.

And although we will have some sauced barbecue meats in the future our real love now is for southern style barbecue. Having said that, however, we did enjoy the sauced, smoky ribs that were on the Pork Three Ways dish we tried on our latest visit, that also came with pulled and sliced pork on the plate.

The dishes you see here represent

a cross-section of the offerings at Sonny's, which consist of various ways to create succulent dishes from beef, pork and chicken (and also turkey) and the side dishes that go along with them.

Sonny's has a good selection of sandwiches for slightly lighter eaters as well as the main assortment of meats which can be ordered separately or, in some cases like the Pork Three Ways, in combina-



tions. There's the Sonny's Sampler and the Family Feast too, for families and big eaters that offer some great value.

And there's something we haven't mentioned yet, our most important metric for restaurants, and that's value for money. You'll find it here and not just because of the size of the dishes but the quality of the ingredients and the expertise involved in the creation of these dishes.

You may not know much about barbecue, like us, but you don't really have to in order to enjoy it here.

Sonny's Barbecue, 25 Cypress Edge Dr., 386-446-5700



Palm Coast, 386-585-4112, Mexican

Captain's BBQ

5862 N. Oceanside Blvd, Palm Coast, 386-597-2888, American, BBQ

Carrabba's Italian Grill

160 Cypress Edge Dr, Palm Coast, 386-246-9839, Italian, Veggie

China King Restaurant

1475 Palm Coast Pkwy, Palm Coast, 386-447-8788, Chinese, Fast food

China One Restaurant

120 Palm Coast Pkwy SW, Palm Coast, 386-445-7188, Chinese, Asian

Cinnamon Beach Grill

519 Cinnamon Beach Ln, Palm Coast, 386-445-6999, American, Bar

Cork & Pint

101 Palm Harbor Pkwy, Palm Coast, 386-283-4139, Bar, Pub, Wine Bar

Cracker Barrel

4 Kingswood Dr, Palm Coast, 386-445-2127, American

Dominic's Deli & Eatery

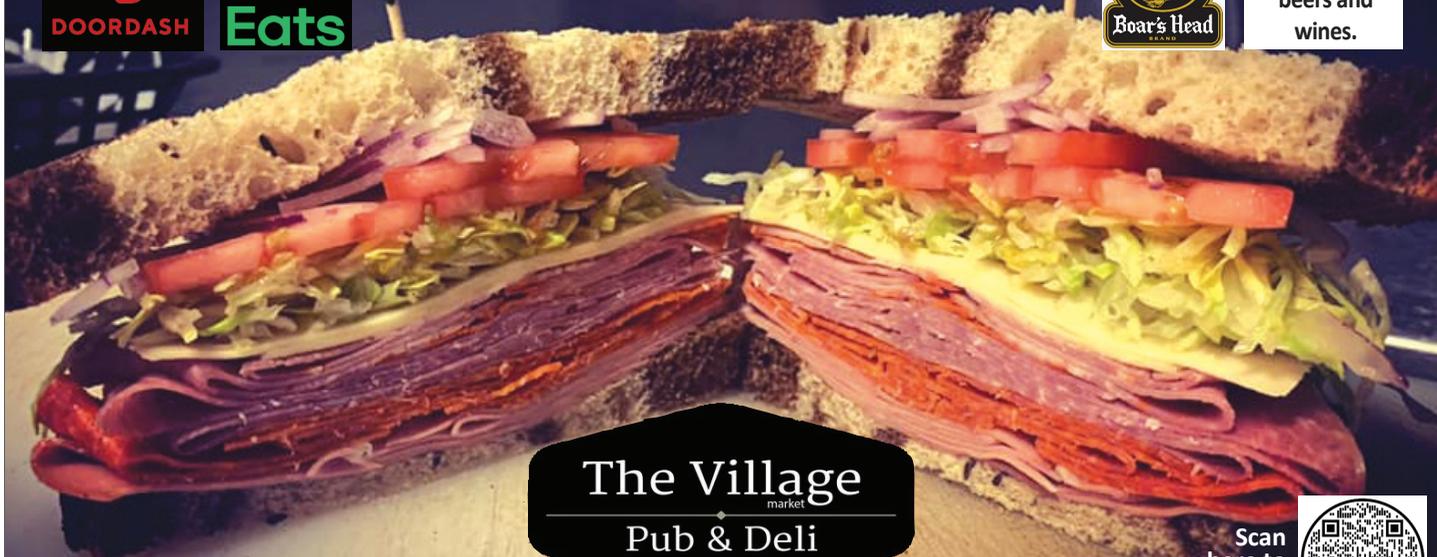
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5290 E. Moody Blvd., Palm Coast, 386-586-5988, Japanese, Sushi, Asian

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7 Old King's Rd N, Palm Coast, 386-446-3999, Chinese, Asian

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Hammock Pizza

5332 N. Oceanside Blvd #1 Palm Coast, 386-445-3768, Italian, American, Indian

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5368 N. Oceanshore Blvd, 386-445-3357, Appetizers, cheeses, desserts

High Jackers Restaurant

202 Airport Rd, Palm Coast 386-586-6078, American, Bar, Veggie

Houligan's Irish Pub

50 Plaza Dr, Palm Coast 386-447-3580, American, Bar, Pub

Stoner's Pizza

5 Utility Dr, Palm Coast, 386-446-4461, Italian, American, Pizza, Delivery

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212 Palm Coast Pkwy NE, Palm Coast, 386-264-6834, American, Veggie

Joe's New York Pizza & Pasta

1070 Palm Coast Pkwy NW Palm Coast, 386-445-1650, Italian, Pizza

JT's Seafood Shack

5224 N. Oceanside Blvd, Palm Coast, 386-446-4337, American, Bar, Seafood

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1475 Palm Coast Pkwy NW, Palm Coast, 386-986-2266, Japanese, sushi, Asian

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515 Palm Coast Pkwy SW Palm Coast, 386-597-2186, Chinese, Asian

La Piazza Café

101 Palm Harbor Pkwy, Palm Coast, 386-246-6366, Italian, Steakhouse, Seafood

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Smokehouse BBQ Burger; with bacon bits, corn, fresh tomato and onion rings and smoked Gouda served with crispy fries.

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Wednesday

Lunch: Buffalo Chicken salad, \$8.95

Thursday

Lunch: 1/2 Hero & french fries (Excludes Veal), \$7.95

Friday

Lunch: Chicken Panini, \$8.95

Dinner: Rice Balls, \$4.95; parm style \$5.95

Saturday

Lunch: Eggplant Florentine hero, \$10.95

Sunday

Lunch: Ravioli with meatball, \$7.95

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Combo Special \$29: 1/2 lb Black Mussel, Shrimp (no head), Snow Crab

Tues

Combo Special \$29: 1/2 lb each of Crawfish, Shrimp (no head), Snow Crab

Wednesday

Combo Special \$31: 1 lb Shrimp (no head), 1/2 lb Snow Crab

Thursday

Combo Special \$35: 1/2 lb Shrimp (no head), 1 lb Snow Crab

Weekend Special

Combo Special \$37: 1/1 Lobster tail, 1/2 lb each of Shrimp (no head), Snow Crab

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- Chicken Critters® Dinner*
- Pulled Pork Dinner*
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Fireball, Even Williams Black, Payday, The Porch Swing, \$4 Select pints, house wine, sangria, \$5 Premium well drinks, \$6 Drink of the week, \$7 Brussels sprouts, cheese quesadilla, \$5 Cheese curds or pretzel pieces w/ white queso or five cheese flatbread or 2 poblano chicken tacos w/chips and salsa, \$6 Cheeseburger & Fries or 8 Boom

Entertainment

Waiting For Godot, Proof, Bobby Darin, One Night In Memphis

City Repertory Theatre

You'll have to wait until the end of April for this month's presentation by the City Repertory Theatre in Palm Coast. But it should be worth it considering the play's title: "Waiting for Godot."

Okay, pardon the silly theatrical pun. If you want to laugh and cry at the same time, this play is for you.

"Waiting for Godot" is what theatre critics and enthusiasts characterize as a "tragicomedy" as the play contains equally effective aspects of comedy and tragedy. The play's two characters – Vladimir or Didi and Estragon or Gogo – are homeless. They are waiting near a tree for Godot to arrive. Yet neither know who or possibly what Godot is. During their wait, the pair engage in numerous discussions regarding the issues of life including the fact that no one escapes death, how each person is helpless to



stop death from coming, how little control they have over the march of time and how habits have shaped their lives. The two characters use humor to minimize the otherwise sadness of their existence.

Spoiler alert: Godot never arrives.

Some theatrical analysts argue that Godot represents "the unrealized" and leave it to the audience to determine what his or her Godot is to them.

This play written by Samuel

Beckett, who was an Irish novelist and playwright who lived in Paris, France, most of his life is two acts.

"Waiting for Godot" is presented April 29 through May 1 and May 6 through May 8.

Friday and Saturday night performances are at 7:30 PM. Sunday performances are at 3 PM.

Tickets are available via the CRT's website at: www.crt-palmcoast.com. Prices are \$20 for adults; \$15 for students.

CRT performances are located at the City Marketplace at 160 Cypress Point Parkway, Suite B207 in Palm Coast. Call (386) 585-9415 for over-the-phone tickets and more information.

Flagler Playhouse

Ditto on the wait until the end of the month for this pro-



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Chicken nachos or 2 Korean BBQ
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Tuesday

Get Untapped. App members get 15% off all drafts, bottles, and cans of beers and hard ciders.

Wednesday

Wine Down Wednesday, get \$1.00 off wines by the glass and 25% off all bottles.

Thursday

Florida brand brewery & sandwich special, \$1.00 off drafts and 10% off bottles and cans of Florida beers. Order a Boar's Head sandwich and get 10% off as well.

Friday

Finally Friday Happy Hour from 4-7 PM. Get \$1.00 off all drafts and wines by the glass as well as 10% off all bottles and cans.

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386-445-5608, Pizza, American

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Palm Coast, 386-302-0777,
Asian, Veggie

Metro Diner

250 Palm Coast Pkwy NE #250,
Palm Coast, 386-951-4490,
American, Diner, Veggie

Mezzaluna Pizzeria

101 Palm Harbor Pkwy #104A,
Palm Coast, 386-445-1004,
Italian, Pizza

Millennium Bistro

9 Palm Harbor Village Way,
Palm Coast, 386-225-4809,
Brazilian, European, Portu-
guese

Moe's Southwest Grill

250 Palm Coast Pkwy NE, Palm
Coast, 386-585-4020, Mexican,
Southwestern

Moonrise Brewing Company

101 Palm Harbor Pkwy,
Palm Coast, 386-627-8614 ,
Gastropub, American, Bar

My 5th Element

101 Palm Harbor Pkwy #126,
Palm Coast, 386-302-0202,
Indian, Veggie

Napoli Pizzeria

4845 Belle Terre Pkwy,
Palm Coast, 386-225-4569,
Italian, Pizza

Olive Garden

5924 E. Hwy 100, Palm Coast
386-586-2924, Middle
Eastern, Veggie

Outback Steakhouse

45 Plaza Dr, Palm Coast, 386-
446-6280, American, Steak

Palm Harbor Grill

9 Harbor Center Dr #11
Palm Coast, 386-283-5656,
Barbecue, European,
Portuguese

Portugal Wine Bar & Grill

15 Palm Harbor Village Way
Palm Coast, 386-225-4753,
Seafood, Mediterranean, Euro-
pean

Red Crab

60 Garden St S, Palm Coast,
386-585-4245, Seafood

Red Koi

European Village, Palm Coast,
386-585-4088, Japanese, Sushi

Red, White & Blues

101 Palm Harbor Pkwy, Palm
Coast, 914-804-4975, Ameri-
can, blues music

Rodie's Place

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Sakura Japanese Steakhouse

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Coast, 386-447-9888, Japane-
ses, Sushi, Asian

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Sonny's BBQ

25 Cypress Edge Dr
Palm Coast, 386-446-5700,
American, Barbecue

Steak & Shake

1 Cypress Edge Dr, PalmCoast,
386-446-6936, American, Fast
Food

Sushi 99

250 Palm Coast Pkwy NE
Palm Coast, 386-302-0399,
Japanese, Sushi, Asian

Sushi Bar At Hammock Beach

200 Ocean Crest Dr, Palm
Coast, 386-447-4600, Japa-
nese, Seafood, Sushi

Texas Roadhouse

Entertainment from page 27
duction.

“Proof” written by David Au-
burn delves into family, mental
health and mathematics.

Catherine has cared for
her father — a mathematical
genius with mental issues —
during his lengthy illness and
he is now deceased. As she is
beginning to pick up the piec-
es, her father’s former gradu-
ate student, Hal, has discover-
ed a mathematical proof
involving prime numbers that
if proven true will authenticate
her father’s work as well as al-
ter what is known about prime
numbers.

The more Catherine digs into
her father’s work, the more
Hal becomes part of her life.
She finds herself in a romantic
relationship with Hal in which
she discusses her fear of fol-
lowing in her father’s footsteps
in mathematical and mental
terms. Her desperation to re-
main in control while complet-
ing her own master’s study of



Bobby Darin

mathematics dominates the
plot.

“Proof” was written in 1999
at the George Mason Street
Playhouse in New Brunswick,
New Jersey during the Next
Stage Series for new plays. It
was first produced off-Broad-
way in May 2000 and trans-
ferred to Broadway in October
of that year. In 2001 Pulitzer
Prize for Drama and the Tony
Award for Best Play.

This play is presented April
28 through May 1 and May 5
through May 8. Thursday, Friday
and Saturday performances are
at 7:30 PM; Sundays at 2 PM.

Tickets are available via
the playhouse website: [www.
flaglerplayhouse.com](http://www.flaglerplayhouse.com). Tickets
are \$15 to \$20. The Flagler
Playhouse is located at 301 E.
Moody Boulevard in Bunnell.

According to its website, the
playhouse ticket office is not
open to the public at this time
due to COVID-19 concerns.
Phone messages can be left at
the business office by calling
(386) 313-5876.

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time and care Dr. Wright put into my
treatment. He not only looked at my
back pain but also my diet and after
a few changes I couldn’t believe how
much better I felt.” – Ryan P.*



Joshua Wright DC



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formance on Dec. 4, 1956, at the Sun Studios in Memphis, Tennessee, when Johnny Cash, Elvis Presley, Jerry Lee Lewis and Carl Perkins took the stage together. The outcome of that night remains a legend in music history as 1950s rock and roll combined with country, gospel and rockabilly for an impromptu jam session no one expected. Look for Elvis' classic pork chop sideburns on the face of Brendon Bennett, watch Blair Carman tickle the ivories with his shoe just as Lewis did for the infamous song, "Great Balls of Fire," while John Mueller sports a classic western cowboy shirt and plays guitar representing Carl Perkins, a prolific songwriter, and Shawn Barker strums an acoustic guitar in the style of Cash, the man in black. Performance is Friday, April 8 at 7:30 PM.

On Sunday, April 24 at 3 p.m., "Splish Splash" — a tribute to the music of Bobby Darin — takes the stage. Las Ve-

gas-based impersonator, Ron Gartner, stars as Darin in the show that covers his lyrical resume from his roll 'n' roll days to his performance at the Copacabana in New York smashing all previous attendance records. You'll take a slight musical detour into country and folk music with songs such as, "If I Were a Carpenter," and "Dream Lover."

A look at Darin's infamous political activism — including his participation in the 1965 march from Selma to Montgomery, Alabama, and his active support

of the Kennedy presidential candidacy in 1968. This show is named for his debut no. 1 hit at age 22 in 1958, but be sure there will be a well-earned stop at his signature song, "Mack the Knife" earning a "Record-of-the-year Grammy Award" in 1959 as the tribute show continues with many of his 22 musical hits and numerous film appearances. The Flagler Auditorium Dennis Fitzgerald Performing Arts Center is located on the campus of Flagler Palm Coast High School at 5500 E. State Highway 100 in Palm Coast.



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101 Palm Harbor Pkwy, Palm Coast, 386-276-9002, Vietnamese
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Flagler Artists

Local marsh settings are Inspiration for pastel artist

As a painter, Karen Ann Patton is drawn to the local marshes.

"The marshes are like old Florida used to be," she said. "I love the old trees in the marshes and the grasses. The sky behind it is just so beautiful. That is what I really love."

She is a major fan of morning and evening equally at a local marsh because of the variation in the skies associated with each time of day.

"Each gives a whole different palette to work with as far as the colors are concerned," Patton said. "The skies in Florida are just so beautiful with all the shades of orange, purple and green."

Her work is on display through April 6 at the Expressions Art Gallery on Colbert at

Grand Living Realty formerly known as The Grand Gallery. Patton's display features a va-

riety of acrylic, oil and pastel paintings. Her work has been on display since March 6 in a



joint show with Trish Vevera.

Patton's passion is being able to paint outdoors. Now in her mid-80s, accomplishing that isn't quite as easy, she admits.

"There are just so many places around here that are just so beautiful to paint," Patton said with a bit of chagrin in her voice as she continued. "But now I am more of a studio painter. Painting outdoors involves a lot of work dragging all of your equipment out there while wishing for good weather and hoping that it does not start to rain and you have to pack up and leave."

As a child, Patton was always interested in painting. But she didn't get serious about pursuing her passion until her mid-30s when her own children were older and she was able to take lessons and attend workshops.

Having lived most of her life in New York City, Patton was able to study under many of the top painters there includ-

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ing Wolf Khan – a German born American artist whose combination of realism and color field work brought artistic advances in pastel and oil painting as well as printmaking.

“I really enjoyed that,” she said of the workshops she did with Kahn.

She learned much about the use of pastels, which is her most preferred medium.

“Pastels are just so much softer and calming,” she said.

Patton is delighted that one of her larger pastels of a local marsh remains on display in a cancer center waiting room at an Ormond hospital.

“People have told me that they looked at the painting while waiting for their appointment and that they felt much calmer about their treatment,” she said. “That makes me feel good to hear that it helps others.”

Her work is on display in several other hospitals — one in Jacksonville and a few in New York City.

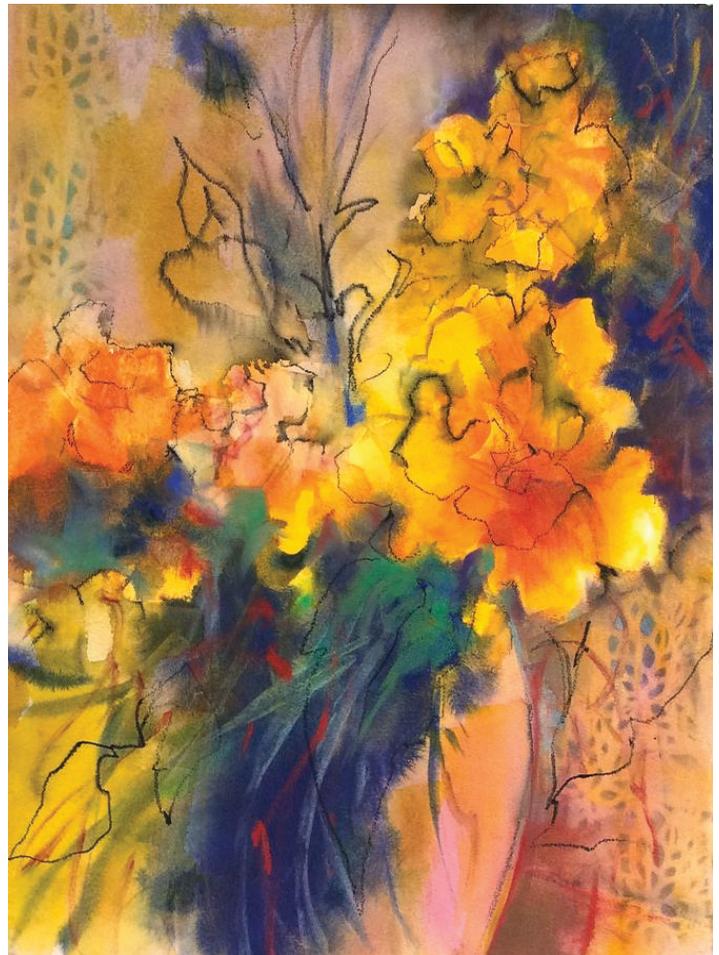
A breast cancer survivor herself, Patton’s art is also on display in the art collection of pharmaceutical giant, Eli Lilly and Company located in Indianapolis, Indiana. One of her pastel paintings won top prize in the company’s 2010 competition.

Her work has been on the cover of many Flagler and Volusia-based magazines as well as the cover of Sun and Surf Magazine. She’s also been in multi-artist shows and solo shows.

Having moved to Plantation Bay in Palm Coast in 2002, she quickly surmised many of her neighbors were also artists. Thus, a few years later, she organized an annual show for which Plantation Bay residency was a requirement to display, but the public could attend to purchase and view.

“Thirteen years later, that show is still going strong,” she said. “I like that.”

— Amy Armstrong



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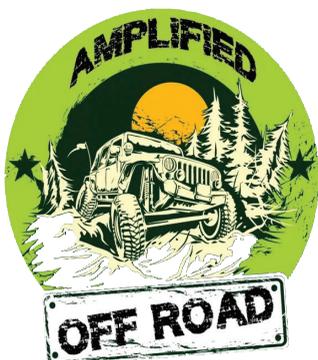
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Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market April 3, 10, 17, 24, 31 @12-4 PM

European Village, 101 Palm Harbor Pkwy, Vendors include sellers of seafood, meats, dairy products, nut butters, many varieties of crafts and a lot more every Sunday.

First Saturday Creative Bazaar Arts & Crafts Market

April 2, Produced by The Palm Coast Arts Foundation, this is a bazaar flea market featuring arts and crafts every first Saturday of the month. Located at 1500 Central Avenue, Town Center.

Book Club

Apr. 1, 10:30-11:30 AM, first Friday of the month, Palm Coast Community Center, free. Do you love to read? Each month will have a designat-

ed genre. You select and read a book that falls within the monthly category. Book suggestions are available on our website if you need a little help. That month we will meet to share our impressions, reactions, and feelings. December: Reader's Choice. Go to www.parksandrec.fun/adults to sign up.

Palm Coast Historical Society Speaker Series

Saturdays, 10-11 AM. Palm Coast Community Center, free. Presented in partnership with Florida Humanities, the Palm Coast Historical Society is pleased to present an exciting Speakers Series each month featuring a different subject expert speaking on a variety of topics. Saturday, April 2, "Road to the White House" with Judithanne Scourfield-McLauchlan. Saturday,

April 23, "Sacred Waters: Exploring the Protection of Florida's Fluid Landscapes" with Victoria Machado.

Register: parksandrec.fun/adults

Are Your Ducks In A Row?

First Tuesday of every month, April 5, June 7, August 2, October 4, December 6, 11 AM, Palm Coast community center, free. Presented by Lohman Funeral Home, includes the seminar with a guest speaker and a business expo and includes lunch. Call 386-224-6519 for more information.

but didn't know how to start? Has it been years since you last sewed and you need a refresher course on quilt making? If you answered yes to either of those questions, THIS CLASS IS FOR YOU. In this class you will learn to make a quilt top from start to finish! You will learn the basics of piecing, making blocks, using borders and more. And you will receive a 15% discount on any supplies purchased at Cut Up & Sew. Go to www.cutupandsew.com or call 386-447-1103 (see ad below) for more information.

Women's Self Defense

Mondays, Session 1: Feb. 7, 14, 21, Session 2: April 4, 11, 18, Time: 6-8pm. Palm Coast Community Center, Free. Learn effective methods to ward off attackers in this three-day class. Commander Michael Lutz from the Flagler County

Classes

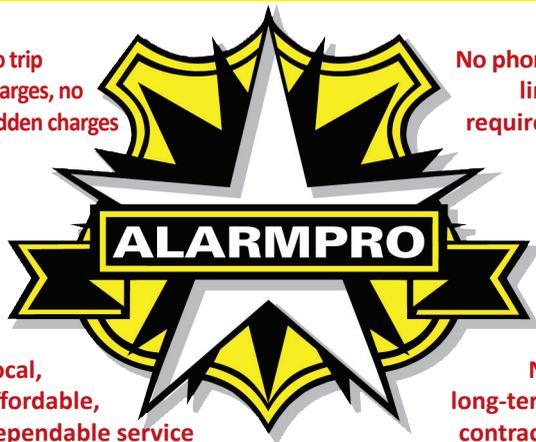
Quilting 101

April 4-5, 10:30 AM, Cut Up and Sew, 160 Palm Coast pkwy (City Marketplace), free. Have you wanted to make a quilt

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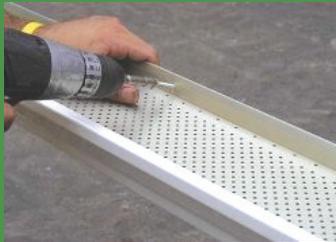
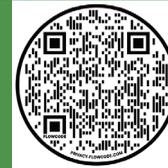


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Events, Meetings, Classes, etc. *from page 32*

Sheriff's Office will teach you skills to make you more aware of your surroundings, methods to protect yourself, and critical safety tips. Pre-registration is required at least 48 hours in advance; participants must attend all three classes. 13+ years. Register: parksandrec.fun/adults

Horticulture Workshop Series

Feb. 18, March 25, April 29, May 27, 10-11 AM. Palm Coast Community Center, \$10/class. Got a green thumb and looking to learn more? Join Master Gardeners from the UF IFAS Agricultural Extension Office for these monthly workshops that will cover a variety of horticultural topics.

Feb. 18: Plant Propagation Made Simple

March 25: Succulents for Indoor and Outdoor Gardens

April 29: Raising Butterflies at Home

May 27: Edible Gardening in a

5-Gallon Bucket Register: parksandrec.fun/adults

Learn Computer Basics

Tuesdays, Feb. 15, March 22, April 19, May 17, 10-11:30 AM. Palm Coast Community Center, free. Want to learn more about your computer? These classes teach you how to care for your computer, different programs you may need to use, and the importance of internet security.

Register: parksandrec.fun/seniors

Adult Indoor Rowing Exercise Class

Jan. 6-May 26 (no class on March 17), 4:30-5:30 PM.

The City of Palm Coast and the Palm Coast Rowing Club have teamed up to offer the community an indoor rowing development and exercise opportunity. An indoor rower, known as an ergometer, will be used with benefits to include:

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Events, Meetings, Classes, etc. *from page 35*

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Adult Open Gym Volleyball Mondays & Wednesdays Feb 7-May 25, 7-9:30 PM. Indian Trails Middle School, \$50/session or \$3 drop-in. Bring your friends or meet new ones in this co-ed volleyball program. New "teams" are created weekly. We will make every effort to notify participants of cancellations. 18+ years Register: parksandrec.fun/athletics

Yoga for All Tuesdays & Thursdays, Jan. 4-May 26 (no class on March 15 & 17), 9-10 AM. Palm Coast Community Center, \$5/class

Relax and restore through stretching, yoga poses, breathing, and relaxation led by certified instructor Michele Cotto. All levels are welcome. Please bring your own mat, towel, and water bottle. Register: parksandrec.fun/adults

Gentle Yoga Tuesdays, Jan. 4-May 24, (no class on March 15), 10:30-11:30 AM. Palm Coast Community Center, \$5/class.

Start experiencing the many benefits of yoga through this safe and gentle modified chair version. Yoga work is done either standing or in a chair. This class includes low-impact stretching and strengthening, as well as breathing routines. Led by certified instructor Michele Cotto. No floor work. Register: parksandrec.fun/adults

Zumba® Wednesdays, Jan. 5-May 25,



Crash of the Crown, Styx's new studio album, is being released in June. The legendary and multi-Platinum rockers — James "JY" Young, Tommy Shaw, Chuck Panozzo, Todd Sucherman, Lawrence Gowan (and Ricky Phillips appear at the St. Augustine Amphitheater on April 22 at 7:30 PM.

(no class on March 16), 9-10 AM. Palm Coast Community Center, \$5/class. Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba® routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. Register: parksandrec.fun/adults

Zumba Gold® Fridays, Jan. 7-May 27, (no class on April 15), 9-10 AM.

Palm Coast Community Center, Fee: \$5/class. This class is perfect for active older adults looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. This class focuses on all elements of fitness: cardiovascular and muscular conditioning, flexibility, and balance.

Water Aerobics Wednesdays and Fridays, Session 1: April 6-29, Ses-

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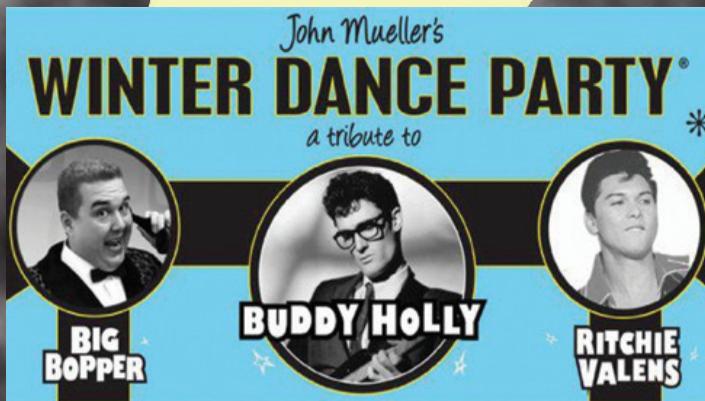


SEASON



One Night In Memphis
April 8, 2022 - 7:30 PM

**Bobby Darin
Splish Splash!**
April 24, 2022 - 3 PM



Winter Dance Party
June 17, 2022 - 7 PM

Ticket To The Moon
June 25, 2022 - 7:30 PM

Check out these local group shows coming in April.
April 14 FPC High School Dance Show • April 19 FPC High School Chorus Department
April 21 FPC High School Starlets Dance Team • April 25th Flagler Youth Orchestra



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Events, Meetings, Classes, etc. from page 36

sion 2: May 4-27, 9-10 AM, Palm Coast Aquatics Center. Combine aerobics with strength training in our Water Aerobics class. Moving your body through the water creates a resistance that will activate muscle groups without impacting your joints. 13+ years. Fee: \$50/session or \$8/drop-in. Register: parksandrec.fun/aquatics

6:30-10:30
Sat, 9th — Ataraxis Experience 6:30-10:30
Fri, 15th — Mike Hynes 5/30-10:30
Sat, 16th — Gary Wingard 6:30-10:30
Fri, 22nd — Clayton Sturgeon 7-10
Sat, 23rd — Ataraxis Experience 6:30-10:30
Thur, April 28th — Free concert at the European Village... kick off party for the Palm Coast Singer Song Writer Festival
Fri, 30th — Claire Vandiver Duo 7-10
Sat, 31st — Full Circle Trio 7-10

Live Happenings

Concerts

St. Augustine Amphitheater, 1340C, A1A S., St. Augustine, 904-209-3746.
Apr 6 — Pecha Kucha: Volume 15 – Chaos
Apr 14 — Bon Iver with special guest Dijon
Apr 19 — Beartooth: The Below Tour Part 2 with Silverstein, The Devil Wears Prada, and ERRA
Apr 21 — Planet Band Camp featuring Three Days Grace with Black Veil Brides, Ice Nine Kills, and more
Apr 22 — Styx with special guest Night Ranger
Apr 29-May 1 — Billy Strings
May 4 — Adam Lambert
May 5 — Rex Orange County
May 6 — Koe Wetzal with special guests Tim Montana & Dylan Wheeler
May 8 — John Fogerty Creedence Clearwater Revival)
European Village Live Music Lineup
Fri, 1st — Mike & Vin 6-10
Sat, 2nd — Live music TBA 7-10
Fri, 8th — Resting Beach Face

Business Functions

Referral Diamond Network Meeting

April 6, 13, 20, 27 @ 8 AM, Carrabba's Italian Grill, 160 Cypress Park Dr. Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

Palm Coast Business Professionals Network Meeting

April 7, 14, 21, 28 @ 7:30 AM, Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners. Call Tom at 386-237-4450 for info.

Professional Women Of Flagler County

April 7, 8:30-10 AM, Hilton Garden Inn, Palm Coast. Networking breakfast. Call Danielle at 386-843-0443 for more information.

Palm Coast Bridge Club News

Check out our website for complete information on our game schedules and classes. Here are some of our basic features.

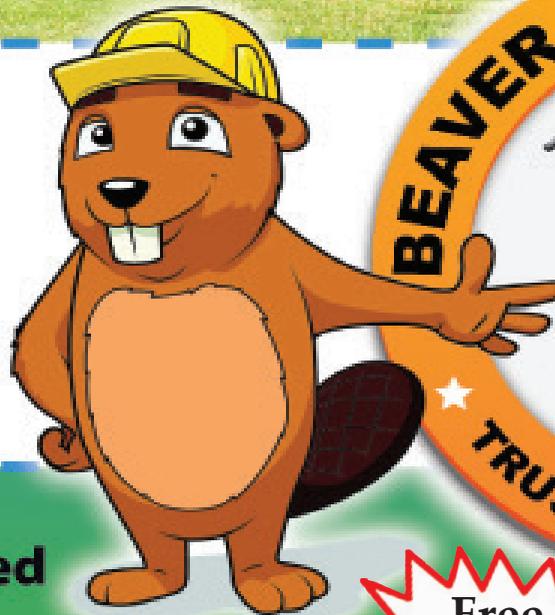
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- Tuesday: Bridge Class, Level 1 at 10:00 AM, Introduction to Bridge, \$5.00 per person
- Wednesday: Bridge Class, Level 2 at 10:00 AM, Competitive Bidding, \$5.00 per person
- Friday: Bridge Class, Level 3 at 10:00 AM, Int. to Advanced Bidding and Play, \$5.00 per person

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